

August 8, 2003

Apple Early Reading Academy
Russ Williams, Principal
680 I Street, SW
Washington, DC 20024

Dear Mr. Williams:

We want to thank you and your staff for the effort and cooperation provided to gather the necessary information to complete the nutritional analysis of your school menu. The purpose of this School Meal Initiative (SMI) review is to measure the progress you have made in providing healthy meals that meet the USDA nutrition goals for the School Breakfast and National School Lunch Programs (7 CFR 210.10).

The SMI review includes checking for compliance with the meal pattern; completeness of production records; and a detailed computerized nutrient analysis of the meals you serve. It is expected that the nutrient content of your menus averaged over the course of a week be in compliance with the nutrient standards USDA has established. The assessment was made for the Traditional Meal Pattern with the nutrient standards established for grades K through 3.

Key highlight from your review:

- Your menu has good variety during the week.

Production records with planned numbers for all menu items, including condiments and milks, were not available. Instead, delivery ticket counts were used for all menu items for the analysis. This does have an effect on the accuracy of the analysis of your menu. See the Plan of Action below for more information on production records and planned numbers.

Based on the documentation you provided, the analysis for the week of review indicates your menus are elevated in Calories, and total and saturated fats. The attached nutrition profile shows you the results of the menu analysis, and a comparison of the nutritional analysis with the USDA nutrition standards. The USDA regulations do not have specific standards for cholesterol, fiber, or sodium, but do require that over time cholesterol and sodium are lowered and fiber is increased. Future SMI reviews of your menus will evaluate these three nutrients.

The following Plan of Action reports on the observations of the review and provides recommendations for modifications to enhance your record keeping, to improve the nutrition profile of your menus, and to ensure regulatory compliance. Since you have your meals vended from GFS Catering, Inc., you will need to coordinate with them to make any necessary changes.

Plan of Action Meal Pattern and Nutrition Standards Compliance	
Observations/Finding	Recommendations
<p>Production Records accurately completed not available during on-site visit, or for the week of review. It is a requirement of the federal regulations (7CFR 210.10 (a)(3)) to maintain complete production records.</p>	<ul style="list-style-type: none"> • Production records with <u>planned numbers</u> for each item, including milk and condiment varieties, should be accessible before each meal service. The planned number reflects an estimate of how much of each menu item is expected to be taken – if only 50 students out of 100 are expected to take mayonnaise for a sandwich, then that is the planned number that should be recorded. • Served numbers and leftover numbers need to be recorded at the end of meal service to ensure accuracy. • These records must show how the meals contribute to the required food components, and how the meals contribute to the nutrition standards. • Record fruits and vegetable portions in volume measures (unless fresh whole fruit) along with the weight measures to assess if meeting meal pattern requirements of ½ cup.
<p>Total Calories: 685 Calories are 124% of the target of 554 for this age range. .</p> <p>Total Fat (TF): The combined analysis of breakfast and lunch shows TF at 39.52%. The target value is 30% or less.</p> <p>Saturated Fat (SF): The combined analysis of breakfast and lunch shows SF at 13.02%. The target value is 10% or less.</p>	<p>The increasing trend of obesity in our children requires excess calories offered to children should be avoided. The following suggestions will lower Calories, and lower total and saturated fats for your menu.</p> <ul style="list-style-type: none"> • Offer 1% white and chocolate milks, or nonfat milk, which is lower in fat than the whole and 2% you currently serve. • Serve lower fat turkey sausage instead of pork sausage. • Serve only syrup or jelly and no margarine with breakfast and lunch bread items. • Serve a low fat turkey frank instead of beef.

	<ul style="list-style-type: none">• Eliminate seasoning vegetables with margarine, bacon fat, or other types of fats.• Use a low fat mix to prepare muffins.• Use low fat mayonnaise in salads and coleslaws.
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These types of changes will help you meet the nutrition standards with all your menu planning efforts. Review the enclosed handout *Tips on Menu Modifications for Healthy School Meals* for further menu planning information. If you have any questions regarding your SMI review, please contact the State Education Office at 727-6436, or Linda Rider or Nicole Carmichael at CN Resource, 1-888-546-3273.

Sincerely,

Dr. Cynthia Bell
State Director